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Friday FACTS

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"Leadership, Partnership, and Championship"



Navy Strategies for 5 to 10 A Day!

Mary Kay Solera, MS, CHES

Navy does 5 To 10 A Day all year round. We want it's positive message to become a lifestyle change. Our goal is to reach individuals as well as make system changes that will improve the health and readiness of our fleet.

This year, the 5 A Day Across American road team came through Millington TN where our proactive Team Leader LCDR Sue Hite spearheaded 5-10 A Day plans. Articles were written in the base paper Challenges were initiated on base, such as watermelon spitting contests and fishing for fruits and vegetables. The Commissary awarded the Department winner a huge fruit basket.

5-10 A Day Month Activities At: Naval Hospital Charleston, SC By CDR Mary K. Jackson

The galley sponsored a Salad Bar Extravaganza with over 60 options available. Staff dressed in Fruit and vegetable costumes to host and serve. All month long vegetables headed the serving line instead of the main entrée.

Rota, Spain By Betty Murphy

The galley challenge developed educational decorations such as table tents, posters and pamphlets. Participants' prizes were awarded. Twenty six Officers and Medical Corpsman went into the

schools with challenge letters for all, and 45 minute briefs on 5 A Day were given to 900 students in all grades. Materials were downloaded from the NEHC and Dole websites for classroom use. A picture to color was ironed on t-shirts and the students had fun customizing their t-shirts. All bulletin boards on base had 5 A Day messages. The Radio Station devoted Wednesday morning to a 5 A Day Presentation by the hospital Dietician Cindy Millard.

Groton, CT By Marilyn Magness
Women's Wellness SPA Day held Saturday Sep 23rd included 5 A Day display with brochures and a presentation "Eating for Wellness Today" which included the 5 A Day theme. Their

health benefits, antioxidants & Phytochemicals. The Navy website was used as their source of information and graphics.

Pearl Harbor, HI By LCDR Catherine Bayne

5 A Day was incorporated into educational classes "Nutrition/Weight Management" and "Healthy Heart." Classes are held monthly and topics with these outcome questions are measured: "Have you increased your activity?" "Have you increased your intake of fruits and vegetables?"



Marine Corps Child Development Center Cherry Point, NC By Cathy Hasle



Arrangements were made with the base Child Development Center to talk to the preschoolers about fruits and vegetables and why they are good for the eyes, bones, keeping us healthy and active for home, school and sports. As a project, the kids created posters of what their favorite fruits and veggies were and they were taken over to the Commissary where they were hung up over the produce. The commissary

staff and patrons loved them. Posters were returned at the end of the month and the kids got magnets and stickers as a thanks.

National Depression Screening Day

October 5th is the date for this years National Depression Screening Day! Annually it is estimated that 19 million Americans experience depression, yet only a few recognize their symptoms and seek professional help! Signs of depression include- loss of interest in everything, difficulties in concentrating, hopelessness, changes in appetite, weight and sleep patterns, and thoughts of death and suicide. Clinical depression can be effectively treated! Visit one of the participating sites and see the Screening for Mental Health website <http://mentalhealthscreening.org> Consider participation! If you're concerned about depression.